

CFM - TIME TABLE

KIDS & TEENS

Wednesday

14:00 - 14:45 (Kids), 15:00 - 16:00 (Teens)

Saturday

9:00 - 09:45 (Kids), 10:00 - 11:00 (Teens)

Please note:

This timesheet is subject to changes.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----|-----------------|------------------|------------|-----------------|----------|------------------------|---------------|
| 09 | | CrossFit | Open gym | | CrossFit | Open gym | |
| 10 | | Open gym | CrossFit | Open gym | CrossFit | Open gym | Yoga |
| 11 | | Open gym | Open gym | Open gym | Open gym | Open gym | Triggerpoint |
| 12 | | | | | | Gymnastics | Weightlifting |
| 13 | | | | | | CrossFit | CrossFit |
| 14 | Open gym | Open gym | Open gym | Open gym | | Open gym | Open gym |
| 15 | Open gym | Open gym | Open gym | Open gym | | Train with the coaches | |
| 16 | Open gym | Open gym | Open gym | Open gym | Open gym | | |
| 17 | Strength Class | Open gym | Open gym | Open gym | Open gym | | |
| 18 | CrossFit | CrossFit | CrossFit | Barbell Cycling | Open gym | Strength | |
| 19 | Barbell Cycling | Aerobic Capacity | Gymnastics | CrossFit | Open gym | Open gym | |
| 20 | CrossFit | CrossFit | CrossFit | Weightlifting | Open gym | Aerobic Capacity | |
| 21 | CrossFit | Open gym | Open gym | CrossFit | Open gym | CrossFit | |